

# 35 Inspirational Quotes On Meditation

By [Asad Meah](#)



[Meditation](#) is a means of transforming the mind. Meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. By engaging with a particular meditation practice you learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more positive ways of being. With regular work and patience these nourishing, focused states of mind can deepen into profoundly peaceful and energized states of mind. Such experiences can have a transformative effect and can lead to a new understanding of life. May these quotes inspire you to meditate your way to stillness.

1. “The thing about meditation is: You become more and more you.” David Lynch
2. “The goal of meditation is not to get rid of thoughts or emotions. The goal is to become more aware of your thoughts and emotions and learn how to move through them without getting stuck.” Dr. P. Goldin
3. “If we can make just 1% of the population meditative, this world will be a different place.” Sadhguru

4. "Quiet the mind, and the soul will speak." Ma Jaya Sati Bhagavati

**5. "The more regularly and the more deeply you meditate, the sooner you will find yourself acting always from a center of peace." J. Donald Walters**

6. "To a mind that is still. The whole universe surrenders." Anonymous

7. "The goal of meditation isn't to control your thoughts, it's to stop letting them control you." Anonymous

8. "Where there is peace and meditation, there is neither anxiety nor doubt." Sr. Francis de Sales

9. "Meditation is not to escape from society, but to come back to ourselves and see what is going on. Once there is seeing, there must be acting. With mindfulness we know what to do and what not to do to help." Thich Nhat Hanh

**10. "Meditation is being in tune with our inner energy source." Anonymous**

11. "Meditation is the tongue of the soul and the language of our spirit." Anonymous

12. "I meditate so that I can inundate my entire being with the omnipotent power of peace." Sri Chinmoy

13. "The quieter you become the more you can hear." Anonymous

14. "Meditation is a vital way to purify and quiet the mind, thus rejuvenating the body." Deepak Chopra

**15. "Go within every day and find the inner strength so that the world will not blow your candle out." Katherine Dunham**

16. "Meditation is the secret of all growth in spiritual life and knowledge." James Allen

17. "Meditate. Let the light of the heart engulf you." Chidvilasananda

18. "Only in my deep meditation do I come to know who I truly am." Sri Chinmoy

19. "Meditation and concentration are the way to a life of serenity." Baba Ram Dass

**20. “Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there.”**

**Deepak Chopra**

21. “The soul loves to meditate, for in contact with the spirit lies its greatest joy.” Paramhansa Yogananda

22. “The body benefits from movement, and the mind benefits from stillness.” Sakyong Mipham

23. “Meditation is like giving a hug to ourselves, getting in touch with that awesome reality in us. While meditating we feel a deep sense of intimacy with God, a love that is inexplicable.” Paramhansa Yogananda

24. “In the same way that rain breaks into a house with a bad roof, desire breaks into the mind that has not been practicing meditation.” Buddha

**25. “Meditation means the recognition or the discovery of one’s own true self.” Sri Chinmoy**

26. “Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.” Buddha

27. “Meditation is one of the ways in which the spiritual man keeps himself awake.” Thomas Merton

28. “Meditation is like a gym in which you develop the powerful mental muscles of calm and insight.” Ajahn Brahm

29. “Sleep is the best meditation.” Dalai Lama

**30. “Meditation is all about the pursuit of nothingness. It’s like the ultimate rest. It’s better than the best sleep you’ve ever had. It’s a quieting of the mind.” Hugh Jackman**

31. “Meditation speeds up the evolutionary process by gradually purifying negative tendencies.” Master Choa Kok Su

32. “Within you is a stillness and a sanctuary that you can retreat to any time and be yourself.” Anonymous

33. "Meditation will bring you more and more intelligence, infinite intelligence, a radiant intelligence. Meditation will make you more alive and sensitive; your life will become richer."  
Osho

34. "Meditation is a silent heart, a peaceful mind which can make life more lovable, more livable." Anonymous

**35. "Meditation is the dissolution of thoughts in eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity."  
Voltaire**